

Thai Chicken Pizza

Prep time: 15 minutes

Cooking Time: 20 minutes

Ingredients:

1 Large pizza base (homemade or bought)
2-3 tbs Sweet Chilli Sauce
2-3 tbs Coconut flavoured Condensed Milk
1 tsp Thai green curry paste
½ Barbeque Chicken, diced
1 cup bean sprouts
1 tbs shallots, sliced
1/3 cup red or green capsicum, finely diced
1/3 cup coriander leaves
¾ cup low fat shredded mozzarella cheese, + ¼ cup extra
Fresh coriander to garnish



Method:

1. Preheat oven to 200° C
2. Spread chilli sauce evenly over pizza base
3. Blend coconut flavoured condensed milk, green curry paste and water. Combine with diced chicken
4. Toss vegetables and coriander together
5. Layer chicken, cheese and vegetables onto base, and top with extra cheese (Note: first layer of cheese can be omitted for lower fat version, but use ½ cup on top)
6. Bake on pizza tray for approx. 20 minutes.
7. Garnish with fresh coriander leaves.

Wholemeal Pizza Dough

Prep: 20 minutes

Resting: 1-2 hours

Ingredients:

4 cups Wholemeal flour

1 pinch salt

2 tbs olive oil

1½ cups warm water

7g dry yeast

1½ tbs white sugar

Method:

1. Combine dry yeast, warm water and sugar. Let “fester” for about 10 minutes
2. Mix flour and salt, then add olive oil
3. Add yeast mix and knead dough (add warm water if mix is still too dry)
4. Cover and let rise.
5. Knock down mix, knead, cover and let rise again.
6. Separate into balls of equal size (2-4).
7. Roll out dough and place on pizza tray. Cover with a topping of choice and bake in 230°C oven for 10-15 mins.

TIP: Dough can be frozen if knocked down again and frozen before it rises again.